

“What the Mystics Know: Seven Pathways to Your Deeper Self”

Fall 2023 Osher Course/Curriculum Outline

Instructor: Christine F. Loveland

Required Text: “What the Mystics Know: Seven Pathways to Your Deeper Self” by Richard Rhor

Course Outline: Each week a discussion of readings and encouraged sharing of contemplative “journals”

The Journals will be a written eclectic mix of whatever helps each student reach deeper through short writing and/or prompts: e.g., letters to self or God or others, poems, inspirational quotes, etc.

Week 1: Introductions, Course Overview; Class Agreements, Emergency and Technical issues

Week 2: Part 1 The Enlightenment you Seek Already Swells Within You; pages 1-13

Week 3: Part 2 God is Found in Imperfection: pages 14-30

Week 4: Part 2 God is Found in Imperfection: pages 31-45

Week 5: Part 3 From Profound Suffering Come Great Wisdom and Joy: Pages 46-63

Week 6: Part 4 The Mystical Path is a Celebration of Paradox: Pages 64-78

Week 7: Part 5 Contemplation Means Practicing Heaven Now: Pages 79-90

Week 8: Part 5 Contemplation Means Practicing Heaven Now: Pages 90-103

Week 9: Part 6 To Discover the Truth, you must become the Truth: Pages 104-120

Week 10: Part 7 When You are Transformed, Others will be Transformed through You: Pages 121-132

Week 11: Part 7 When You are Transformed, Others will be Transformed through You: Pages 133-144